ABSTRACT OF THE INVENTION

An exercise assembly structured to direct the foot-ankle-leg, knee, etc. and associated portions of a person's body through a plurality of different paths of movement, wherein each path of movement comprises an at least partially different configuration such that exercise resulting from the various movements will be concentrated on predetermined portions of the body being exercised. The platform is suspended by a support assembly interconnected to a base and is preferably, but not exclusively, directed through the aforementioned paths of movement manually by the user. A sensor assembly including a processor may determine and store selected movements of the platform for graphical or other visual display to the user and for programmed duplication of the sensed paths movement when desired. A weight assembly including at least one but preferably a plurality of different weights are interconnected to the platform and extend outwardly therefrom to provide additional resistive forces to the user's foot, ankle, and leg as they are exercised.